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EXCLUSIVE

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BANDING WITH BRUSSELS

The world is reeling after ISIS terrorists stole the lives of at least 30 people in suicide attacks in the Belgian capital. 2-5



A local holds a rose while others ignite candles at Beursplein Square following Tuesday's attacks. GETTY IMAGES

9 THINGS YOU NEED TO KNOW

US CHARGES THREE SYRIAN HACKERS: JUSTICE DEPARTMENT

IU.S. authorities have charged three Syrian nationals who are current or former members of the Syrian Electronic Army with multiple conspiracies related to computer hacking, the Justice Department said Tuesday. Ahmad Umar Agha, 22, and Firas Dardar, 27, were charged with a criminal conspiracy that included "a hoax regarding a terrorist attack" and "attempting to cause mutiny of the U.S. armed forces," the department said in a statement. Dardar and Peter Romar, 36, were separately charged with other conspiracies, including extortion and wire fraud, it said. The FBI said in the statement it was adding Agha and Dardar to its Cyber Most Wanted list and offering a reward of \$100,000 for information leading to their arrest. **REUTERS**



RUSSIAN COURT SENTENCES UKRAINIAN PILOT TO 22 YEARS IN JAIL

2A Russian court sentenced Ukrainian pilot Nadezhda Savchenko to 22 years in jail Tuesday after finding her guilty of involvement in the killing of two Russian journalists during the separatist conflict in eastern Ukraine. Ukrainian President Petro Poroshenko said his country would never recognize the verdict of what he labeled a "kangaroo court" and called on Russian President Vladimir Putin to send Savchenko back to Ukraine. Fighting in eastern Ukraine has subsided since a fragile cease-fire was agreed, but Savchenko's trial showed the depth of bitterness that remains. Savchenko, 34, is a national hero in Ukraine but many in Russia see her as a Ukrainian nationalist with the blood of civilians on her hands. **REUTERS**

UBER OFFERS HACKERS 'TREASURE MAP' TO FIND COMPUTER FLAWS

3Uber, the high-flying transportation firm, is releasing a technical map of its computer and communications systems and inviting hackers to find weaknesses in exchange for cash bounties. While "bug bounties" are not new, Uber's move is an example of how mainstream companies are increasingly relying on independent computer researchers to help them bolster their systems. Uber's "Treasure Map" details the ride-hailing company's software infrastructure, identifies what sorts of data might be exposed inadvertently and suggests which types of flaws are the most likely to be found. **REUTERS**



Heavily armed police patrol the streets in lower Manhattan following a heightened terror alert after attacks in the Belgian capital of Brussels. **GETTY IMAGES**

NYC sees increased security in response to Brussels attacks

Authorities will collaborate closely with the Joint Terrorism Task Force and the FBI.

The NYPD said Tuesday it planned to ramp up security in response to the Brussels bombing attacks.

Police indicated they would have a larger presence on trains, around key infrastructure and near landmarks.

"We are aware of the situation and we are continuing to monitor for further developments," the NYPD said in a statement.

New York's three major airports on Tuesday saw additional security from the Port Authority Police Department, which said it would also be conducting anti-terrorist patrols in the PATH system and around the World Trade Center site.

Police said in a statement that there was no currently known indication that the Belgium attack was related to New York City, but authorities said they will continue

listed ways that the state took action on Tuesday in light of the attacks, including increasing National Guard presence at JFK and LaGuardia airports, assigning a greater number of New York State Police troopers to Penn Station, Grand Central, the Midtown Tunnel and the George Washington Bridge, and increasing police presence at rail stations in the city, Westchester County and Long Island, according to a statement.

Cuomo directed that One World Trade Center's spire be displayed in black, yellow and red on Tuesday night to show solidarity with the people of Belgium.

people of this state to know that we are working with all local and federal partners, remaining vigilant and taking all necessary measures to keep New Yorkers safe," Cuomo was quoted in the statement.

Cuomo directed that One World Trade Center's spire be displayed in black, yellow and red on Tuesday night to show solidarity with the people of Belgium.

"We stand in solemn solidarity with the people of Belgium, just as they have done for us in the past. We join the world in mourning the victims of these attacks and remain committed to helping create a more just and peaceful world," Cuomo stated.

"We join the world in mourning the victims of these attacks and remain committed to helping create a more just and peaceful world."

Cuomo

ue to collaborate closely with the Joint Terrorism Task Force and the FBI.

Gov. Andrew Cuomo

from the governor's office.

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(SMILE)



Police hunt suspect after Islamic State kills

Officials said 20 died on the metro train close to European Union institutions, and Islamic State said that too was a suicide attack.

Islamic State claimed responsibility for suicide bomb attacks on Brussels airport and a rush-hour metro train in the Belgian capital on Tuesday which killed at least 30 people, with police hunting a suspect who fled the air terminal.

Police issued a wanted notice for a young man in a hat who was caught on CCTV pushing a laden luggage trolley at Zaventem airport alongside two others who, investigators said, had later blown themselves up in the terminal, killing at least 10 people.

The coordinated assault triggered security alerts across Europe and drew global expressions of support, four days af-

ter Brussels police had captured the prime surviving suspect in Islamic State's attacks on Paris last November.

Belgian authorities were still checking whether the attacks were linked to the arrest of Salah Abdeslam, according to Federal Prosecutor Frederic Van Leeuw, although U.S. officials said the level of organization involved suggested they had previously been in preparation.

Last week, explosives and an Islamic flag were found during a raid on a Brussels flat. Police also found a fresh fingerprint of Abdeslam's there, putting them on to his trail. It was not clear if Abdeslam had been involved at that stage in planning the airport attack.

In a statement, Islamic State said "caliphate soldiers, strapped with suicide vests and carrying explosive devices and machine guns" had targeted the airport and



Passengers are evacuated from Zaventem Bruxelles International Airport after terrorist attacks. GETTY IMAGES

metro station, adding that they had set off their vests amidst the crowds.

A bomb and an Islamic State flag were also found on Tuesday in a flat in Brussels, and Van Leeuw confirmed a manhunt was under way. "A photograph of three male suspects was taken at Zaventem. Two of them seem to have committed suicide attacks. The third, wearing a light-colored jacket and a hat, is actively being

sought," he told a news conference.

A government official said the third suspect had been seen running away from the airport building. Local media reported police had found an undetonated suicide vest in the area.

After questioning Abdeslam, police issued a wanted notice on Monday, identifying 25-year-old Najim Laachraoui as linked to the Paris attacks. The poor quality of

Tuesday's CCTV images and of the Laachraoui wanted poster left open whether he might be the person caught on the airport port cameras.

Citizens of the United States, Spain and Sweden were among the injured, their governments reported.

Belgian media published the security camera picture of three young men pushing laden luggage trolleys. Police later issued a

cropped version of the same photograph, showing only one of the three.

"If you recognize this individual or if you have information on this attack, please contact the investigators," the notice read. "Discretion assured."

Police operations were under way at several points in the city but a lockdown imposed immediately after the attacks was eased and commuters and students headed home as public transport partially reopened.

Belgium, home to the EU and the headquarters of the NATO military alliance, has sent warplanes to take part in operations against Islamic State in the Middle East.

Austrian Horst Pilger, who was awaiting a flight with his family when the attackers struck, said his children had thought fireworks were going off, but he instantly knew an assault was underway.

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30 in Brussels attacks



Paramedics hospitalize a wounded victim. GETTY IMAGES

thought ‘bomb.’ We looked into each other’s eyes,” he told Reuters. “Five or 10 seconds later there was a major, major, major blast in close vicinity. It was massive.”

Pilger, who works at the European Commission, said the whole ceiling collapsed and smoke flooded the building.

“I helped carry out five people dead, their legs destroyed.”

Youla

Nine Americans injured in Brussels attacks:
ABC News

Nine Americans were injured in suicide bomb attacks on Brussels airport and a metro train on Tuesday, ABC News reported on Twitter.

The ABC News report did not give further details.

Three Mormon missionaries from Utah and a U.S. Air Force member and his family were among the Americans hurt in the deadly bomb attacks, government and church officials have said.

Security services found and destroyed a third bomb at the airport.

Alphonse Youla, 40, who works at the airport, told Reuters he heard a man shouting out in Arabic before the first explosion. “Then the glass ceiling of the airport collapsed.” REUTERS

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Chirlane McCray urges NYC to take advantage of free tax prep

Although the services are available to all who are eligible, McCray is encouraging women and single mothers to take advantage of the services and get back money.

ANGY ALTAMIRANO
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With less than a month left to file taxes before the April 18 deadline, New York City's first lady is asking New Yorkers to not be afraid of applying for the city's free tax prep services — because for some, the benefits can really make a difference in their everyday lives.

First lady Chirlane McCray spoke with Metro on Tuesday about her work with the city's Department of Consumer Affairs to remind New Yorkers that they still have time to file their taxes.

Along with reminding the busy residents of the Big Apple about deadline, McCray is also calling on individuals who earn \$62,000 or less to file their taxes for free using NYC Free Tax Prep.

According to the first lady, although the services are available to all who are eligible, she is encouraging women and single mothers especially — who are more likely to claim Earned Income Tax Credit (EITC) and the NYC Child Care Tax Credit (NYC CCTC) — to take advantage of the services and get the refunds owed to them.

"They may need the extra help to figure out how to get the returns," McCray told Metro. "We know families need these refunds. ... We know that moms can use that money."

Based on information from the U.S. Department of Labor, women are more likely to work part-time or be self-employed compared to men, which can lead to more difficult tax returns resulting in a larger cost



A New Yorker files her taxes at a site in Jackson Heights. FOOD BANK FOR NEW YORK CITY



McCray FILE PHOTO

when paying a tax preparer.

According to officials, in New York state, women earned 87 percent of what men earned and are more than twice as likely

as men to work low-wage jobs.

In addition, more than 80 percent of single-parent households in the country are led by women and are at or below the

"They may need the extra help to figure out how to get the returns. We know families need these refunds. ... We know that moms can use that money."

McCray

poverty line. "Single mothers across the boroughs know how difficult it can be to make ends meet. We think that tax time can help low-income working families

How to access free tax prep

This year, the city's tax preparation services include over 200 Volunteer Income Tax Assistance (VITA) and AARP Tax-Aide sites throughout the five boroughs. At the sites, returns are prepared by an IRS-certified VITA/TCE volunteer preparer and at drop-off sites, filers can drop off their tax documents and later pick up the completed return or receive it by email. There is also online self-preparation at NYC.gov/taxprep.

care costs for children up to age 4 could also be eligible for up to \$1,733 with the NYC CCTC. In total, families could see refundable tax credits of more than \$10,000.

"I think it's kind of hard for people to believe that there is actually free money out there for them," McCray said. "I'm lending my voice to this effort because we want people to know this is real."

McCray also said the city is partnering with a variety of organizations in order to make sure people from all throughout the city can get help when it comes to filing their taxes.

Starting Wednesday — along with additional advertising, postcard mailing, robocalls and more — the city will also launch NYC Free Tax Prep Coffee Days where free coffee will be given out at locations which have high concentration of EITC-eligible households.

An outreach team will also head out to 17 targeted areas to encourage people to file their taxes for free at their local NYC Free Tax Prep site.

McCray added that it's important to make sure as many people benefit from the services as possible and hopes New Yorkers get rid of the fear and take advantage of the services.

"This is free money and free help to get the free money," she said. "Don't be afraid."

Painful Varicose Veins & Swollen Legs?



Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

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NYC policy change to fight slashings

As part of the initiative, authorities will look at where and when these incidents occur in order to tackle the problem.

JASON NUCKOLLS and ANGY ALTIMARINO
letters@metro.us

Slashings will now be a separate category of crime and New York City police will increase patrol on city streets in the wake of a recent spike in knife attacks, city officials announced Tuesday.

Police Commissioner Bill Bratton and Mayor Bill de Blasio introduced a new initiative as reports of slashings have gone up 22 percent compared to last year.

The initiative, called Operation Cutting Edge, is a multifaceted approach that aims to reduce the number of stabbings and

slashings throughout the city. The plan begins with the NYPD ensuring they capture each incident correctly.

Officials indicated the new plan will address slashings similarly to how Bratton took on shootings in the '90s: by creating a criminal category specific to slashings.

"We are moving forward in getting our arms around this," said NYPD Chief of Department James P. O'Neill.

O'Neill added that currently such incidents are considered to be part of felony assaults but the NYPD will now address slashings and stabbings just how it previously has done with murders and shootings.

Based on analysis, according to O'Neill, a majority of such incidents seem to occur in or around where alcohol is consumed, which is why the NYPD will be increasing officer patrols at night.

916 SLASHING/ STABBING/ CUTTING INCIDENTS REPORTED

life spots.

About 23 percent of such crimes occur between 7 p.m. and 4 a.m. on Friday and Saturday nights, according to de Blasio, and usually take place when people are under the influence of either alcohol or drugs.

There will also be an increase in enforcement efforts — such as traffic stops and DWI stops — and increased focus on illegal clubs as well as looking into existing violations at legal establishments.

As part of the initiative, the city will also look at how and where stores sell cutting tools. Officials will remind the public

and officers on the legal definition about knives and detail what is legal and illegal to possess.

For example, according to authorities, it is illegal to carry a knife that has a blade over 4 inches long and displaying any knife on a belt or taking it out is also illegal.

Bratton added that the NYPD will also look to distinguish between what are legal cutting utensils — such as kitchen knives — versus illegal ones — such as box cutters, and reducing the availability of such items to the public.

"It's a different animal than shootings. Knives are a constant in our lives. They're everywhere."

According to the police commissioner, as of Tuesday morning, compared to last year, there have been



The police and mayor outline the policy. **NYPD**

disputes.

And although there have been recent reports of a large number of such incidents on the subway system, officials said, only 2 percent of the incidents occurred on the transit system. They also added that only 23 of the total incidents have been considered random.

"When we see a new problem, we go after it and we apply

new approaches," de Blasio said. "The situation with knife crimes is more complex and more subtle ... So what the NYPD is looking at is when these crimes occur and where they occur."

"It's a different animal than shootings. Knives are a constant in our lives. They're everywhere."

Bratton

as homicides and shootings are at historic lows.

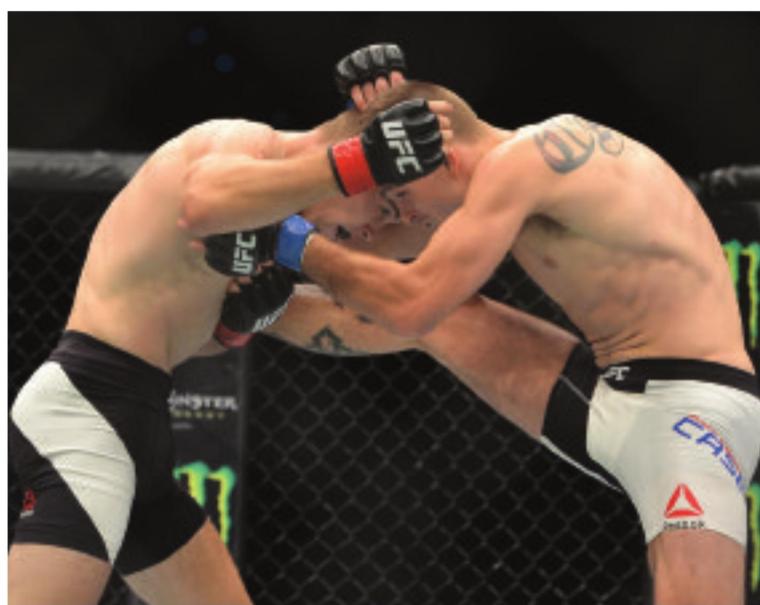
Bratton added that most stabbings and slashings are as a result of encounters between strangers, when fights break out and during domestic

State to legalize mixed martial arts fighting

New York is poised to join the rest of the country in legalizing mixed martial arts (MMA) fights, as the state Assembly prepares to pass a bill to end a ban on the full-contact sport, a measure the Senate has approved on multiple occasions over the years.

The lower house of the New York State Assembly voted Tuesday afternoon on the legislation, long stymied by the refusal of Assembly leaders to allow the measure to come to the floor despite broad support from lawmakers.

The legislation's passage will clear the way for Gov. Andrew Cuomo to enact the bill into law. Cuomo, a Democrat who needs revenue generated by the sport for his proposed budget, has already said he



Johnny Case and Jake Matthews trade blows during their UFC lightweight bout at UFC Brisbane. **GETTY IMAGES**

would sign the measure.

New York is the only state prohibiting MMA,

a controversial sport that features kicking, punching, wrestling and

other maneuvers that can leave the combatants bloodied and some-

times unconscious.

The move to bring the bill up for a vote in the Assembly comes a year after Assembly Speaker Sheldon Silver resigned in a corruption scandal. He was replaced by a former co-sponsor of the bill, Assemblyman Carl E. Heastie, a Bronx Democrat.

Michael Whyland, a spokesman for Heastie, said in an email that the floor vote is expected to take place on Tuesday.

MMA fights are expected to generate \$135 million a year for the state's coffers, according to a 2013 study by the sport's promoters, Ultimate Fighting Championship.

Arenas throughout New York would benefit and Madison Square Garden in New York City is particularly well-suited to

stage the competitions, the bill's sponsors say.

Cuomo has already penciled in \$3 million in revenue from ticket sales and cable fees in his proposed budget for the next fiscal year.

The New York State Athletic Commission would have to set regulations after the governor signs the bill. Fans would have to wait until at least the fourth quarter of 2016 before seeing any bouts in the state, according to supporters.

The legislation would effectively spell an end to pending lawsuits against the state for banning mixed martial arts, its backers say.

UFC is owned by brothers Lorenzo and Frank Fertita of Station Casinos, a Las Vegas-based hotel-casino chain, through parent company Zuffa LLC. **REUTERS**

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BRIEF

US says it may not need Apple to open San Bernardino iPhone

U.S. prosecutors said that a "third party" had presented a possible method for opening an encrypted iPhone used by one of the San Bernardino shooters, a development that could bring an abrupt end to the high-stakes legal showdown between the government and Apple.

A federal judge in Riverside, California, agreed to the government's request to postpone a

hearing scheduled for Tuesday so that the FBI could try the newly discovered technique. The Justice Department said it would update the court on April 5.

The government had insisted until Monday that it had no way to access the phone used by Rizwan Farook, one of the two killers in the December massacre in San Bernardino, California, except to force Apple to write new software that would disable the password protection.

The Justice Department last month obtained a court order directing Apple to create that software, but Apple has fought back, arguing that the order is an overreach by the government and would undermine computer security for everyone.

The announcement on Monday that an unnamed third party had presented a way of breaking into the phone on Sunday — just two days before the hearing and after weeks of heated back-and-

forth in court filings — drew skepticism from many in the tech community who have insisted that there were other ways to get into the phone.

"From a purely technical perspective, one of the most fragile parts of the government's case is the claim that Apple's help is required to unlock the phone," said Matt Blaze, a professor and computer security expert at the University of Pennsylvania.

REUTERS



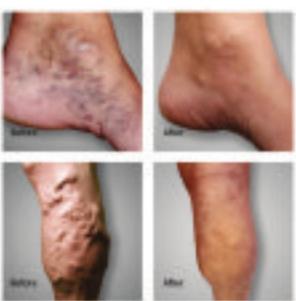
Former Toronto Mayor Rob Ford GETTY IMAGES

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Rob Ford dies of cancer at 46

The Toronto city councillor, 46, had been undergoing treatment for an aggressive form of cancer that had recurred despite surgery and several rounds of chemotherapy.

Rob Ford, the former mayor of Toronto who gained global notoriety for admitting to smoking crack cocaine while in office, died from cancer on Tuesday, his office said in a statement.

During his tumultuous 2010-14 tenure as

mayor of Canada's most populous city, Ford admitted to smoking crack cocaine, buying illegal drugs and driving after drinking alcohol.

He was diagnosed in September 2014 with pleomorphic liposarcoma, a rare and hard-to-treat cancer found in soft, fatty tissue of the body, after he was admitted to a hospital with abdominal pain.

The man who replaced Ford as mayor, John Tory, offered his condolences, calling Ford "a man who spoke his mind and who ran for office because of the deeply felt convictions that he had."

REUTERS

BRIEF

Netanyahu hopes US will reject UN resolution on Palestinian statehood

Israeli Prime Minister Benjamin Netanyahu said Tuesday he hoped the United States would continue to reject any move towards a U.N. Security Council resolution backing Palestinian statehood.

"A Security Council resolution to pressure Israel would further harden Palestinian positions and thereby could actually kill the chances of peace for many, many years," he told a meeting

of the powerful American-Israel Public Affairs Committee (AIPAC) lobbying group.

Netanyahu's speech returned the conference focus to policy after a turn to partisan politics on Monday when Republican presidential candidate Donald Trump took to the stage and denounced President Barack Obama, a Democrat.

AIPAC's leaders distanced the group from his remarks before Netanyahu's speech on Tuesday.

REUTERS

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WCBS-TV NEW YORK "AMERICAN HEALTH FRONT" TO FEATURE JULIUS SHULMAN, MD & DALIA S. NAGEL, MD

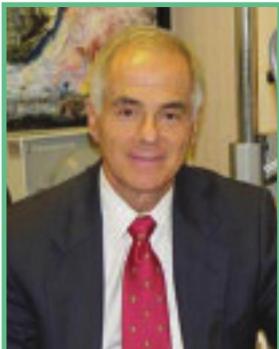
SUNDAY, MARCH 27th, 2016 @ 5:30pm-6:00pm on WCBS-TV.

(New York, NY) Dr. Julius Shulman and Dr. Dalia S. Nagel of Eastside Eye Associates (eastsideeyes.com) to appear on the New York/New Jersey edition to discuss recent breakthrough technologies and advancements in cataract diagnosis and cataract surgery.

By age 80, more than half of all Americans either have a cataract (a clouding of the lens in the eye that causes a loss of vision) or will soon need cataract surgery, joining the ranks of the three million Americans who have cataract surgery annually. Almost 800,000 cataract operations will be performed in people under age 65, a testament to our increasingly active lifestyle. Modern cataract surgery, pioneered by Dr. Shulman and Dr. Nagel, now takes on average 20 minutes or less, with the patient often resuming normal activity within hours. Cataract surgery, accompanied by insertion of a clear, plastic intraocular lens (IOL), is statistically the most successful operation performed on the human body.

AMERICAN HEALTH FRONT will take you inside the offices of Drs. Shulman and Nagel's Eastside Eye Associates where they have examined over 20,000 cataract patients. The program will feature candid interviews with the doctors, and a rare glimpse into the most current instrumentation and successful methods of treating cataract patients. The doctors will show why in most patients, cataract removal will not only give an astounding improvement in vision, but also a chance to be spectacle-free, perhaps for the first time in years. They will guide viewers through the questions they must ask and the choices they must make to have a successful and happy outcome. Most importantly, the doctors will show viewers just how much they will benefit from this incredible procedure.

About the Doctors



Julius Shulman, M.D.

Julius Shulman, M.D. is a Board Certified Ophthalmologist and Assistant Professor of Ophthalmology at New York's Mount Sinai Hospital. Since completing his residency in 1975, Dr. Shulman has performed over 15,000 surgical procedures. An early interest in cataract surgery led Dr. Shulman to pioneer the first cataract and intraocular lens implant operation at Mt. Sinai. Since then he has developed numerous surgical techniques to improve cataract outcomes for his patients, as well as surgical advancements in Laser Vision Correction. He has been on eight medical missions to India and Peru.



Dalia S. Nagel, M.D.

Dalia S. Nagel, M.D. graduated from Barnard College, Columbia University, summa cum laude, and received her medical degree from Harvard Medical School. After completing her training in ophthalmology at The Mount Sinai Hospital, New York City, Dr. Nagel was appointed Clinical Instructor, where she is active in teaching residents and students. Dr. Dalia S. Nagel is board certified by The American Academy of Ophthalmology (AAO) and practices comprehensive ophthalmology with special interests in cataract surgery and laser vision correction.

The practice offers two locations, one on the Upper East Side and TriBeCa.

EASTSIDE EYE ASSOCIATES

Julius Shulman, MD - Dalia S. Nagel, MD
229 East 79th Street New York, NY 10075

212-861-6200

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12 NEWS

METRO.US
WEDNESDAY, MARCH 23, 2016

Beetle's chemical signal tells mate, 'Honey, I'm not in the mood'

When a female "burying beetle" is focused on caring for babies and not making new ones, she releases a chemical signal to her libidinous mate that says in no uncertain terms, "Honey, I'm not in the mood."

Scientists described on Tuesday how these females employ an anti-aphrodisiac chemical known as a pheromone during a three-day period critical for raising offspring to tell the male she is temporary infertile and prevent him from trying to copulate.

The study focused on a beetle species, *Nicrophorus vespilloides*, known for burying carcasses of small animals like birds and rodents as food for their larvae. It provides insight into how animals change their behavior



The burying beetle GETTY IMAGES

to provide care for their young, in this instance favoring parenting over sexual activity to produce new offspring.

"Our study helps to understand animal family life and how it is coordinated between family members," said biologist Sandra Steiger of Germany's University of Ulm, who led the study published in the journal

Nature Communications.

"It is kind of intriguing that such mechanisms exist in animals and that animal parents synchronize their mating and parental-care behavior for their own benefit and that of the children," Steiger added.

Burying beetles are found mainly in temperate regions of Europe, Asia and North America. REUTERS



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US top court wrestles with Puerto Rico restructuring case

Liberal justices signaled support for Puerto Rico as the U.S. Supreme Court considered whether to revive a law that could let the U.S. territory cut billions of dollars owed in debt at some public agencies, a key test in the island's efforts to weather a huge fiscal crisis.

It was unclear how the court will rule on whether the island's 2014 law known as the Recovery Act, which was invalidated by U.S. courts, conflicts with U.S. bankruptcy law. Puerto Rico faces what its governor has called an unpayable \$70 billion in debt.

Only seven justices heard the arguments in the case. Justice Antonin Scalia died in February and has not yet been replaced. Justice Samuel



Old San Juan, Puerto Rico GETTY IMAGES

Arlito recused himself.

In 1984, Congress said Puerto Rico, as a U.S. territory, could not use bankruptcy laws that govern U.S. states. But federal bankruptcy law also dictates that no state can pass local debt-restructuring laws, and in one provision Puerto Rico is defined as a state.

Fellow liberal Elena Kagan said that before the oral argument she favored the creditors' position, but after hearing from Puerto Rico's lawyer she found the territory's

arguments to be equally compelling.

"Both of you have stories. ... It's just not clear which one is right," Kagan said.

The only justice who expressed outright hostility to Puerto Rico's position was conservative Chief Justice John Roberts, who said he was not sure the territory's argument "carries much weight."

As Puerto Rico's leaders, creditors and U.S. lawmakers seek a debt solution in the U.S. Congress, the question before the Supreme Court is whether the island should be allowed to restructure certain debts under a court-supervised regime similar to Chapter 9 bankruptcy laws used by U.S. cities. REUTERS

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- No pulse or a weak pulse in your legs or feet
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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live pain free. life again

Downtown NYC Medical Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.

It might even keep you from getting total knee replacement surgery.

Please pay careful attention.

What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.

In fact, I'm going to have to ask for a bit of patience from you if you have already *unsuccessfully* tried any (or many) other knee arthritis pain treatments.

You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted.

But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.

And often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients.

But to be 100% clear - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as

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Dr. Stanley Weiner, M.D. - Surgeon
I had surgery scheduled last year. Three month before I made an appointment with Downtown NYC Medical Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at Downtown NYC Medical Institute were outstanding. I cannot ask for better results.**
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"I don't have any pain any more"



"I feel like a new woman - It's amazing."



After I had the treatments... the last tuneup...
After I had the treatments... the last tuneup...

If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information **SEVERAL** times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get

one very common complaint.

And it is: "I wish I started this treatment much sooner." Let's be very clear about this. Time is the most precious thing. There is no way to slow it down - or get any back once it is gone. All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pain and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW:

When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

...according to me, bring me joy as much as 30% of the time.
If you had viscosupplementation without this special digital imaging without good results - this may be why.

That's why Downtown NYC Medical Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

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"I feel like a new woman"

It's amazing.



"I am ecstatic with the results of this procedure"



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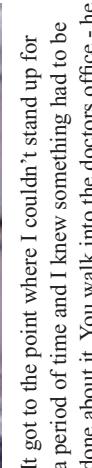
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"I feel like a new woman"

It's amazing.

President Obama urges political and economic change in speech to Cubans

Taking the stage at Havana's Grand Theater, Obama used the crowning moment of his visit to extend a "hand of friendship." He came, he said, to "bury the last remnant" of the Cold War in the Americas.

President Barack Obama challenged Cuba's Communist government with an impassioned call for democratic and economic change on Tuesday, addressing the Cuban people directly in a historic speech broadcast throughout the island.

Obama pressed hard for economic and political reforms and greater openness, speaking in

a one-party state where little dissent is tolerated.

His speech was the high point of a trip made possible by his agreement with Cuban President Raul Castro in December 2014 to cast aside decades of hostility that began soon after Cuba's 1959 revolution, and work to normalize relations. Nonetheless, Obama minced no words in his calls for change.

"I believe citizens should be free to speak their minds without fear," Obama told the audience.

"Not everybody agrees with me on this, not everybody agrees with the American people on this but I believe those human rights are universal. I believe they're the rights of the American people, the Cuban people and people around the world."

"Voters should be able to choose their governments in free and democratic elections."

Obama

Obama said.

While he urged an end to the longstanding U.S. economic embargo on the island, Obama added that "even if we lifted the embargo tomorrow, Cubans would not realize their potential without continued change here in Cuba."

The scene of the leader of the United States, the superpower to the north once routinely re-

viled by the Cuban government, standing on Cuban soil urging such changes would have been unthinkable before the two countries began their rapprochement.

For years, Cuban leaders told American presidents to mind their own business. Indeed, Castro has been careful to state since the detente that it does not mean Cuba plans to change its political system, and that while his government is open to discuss any issue, it has to be with mutual respect.

Tuesday's audience of more than a 1,000 people was made up of invited guests of the U.S. and Cuban governments. They included officials and business people of both countries, visiting U.S. lawmakers and members of Cuba's cultural elite. REUTERS



President Barack Obama delivers remarks at the Gran Teatro de la Havana Alicia Alonso in the historic Habana Vieja, or Old Havana, neighborhood on Tuesday in Havana, Cuba. GETTY IMAGES

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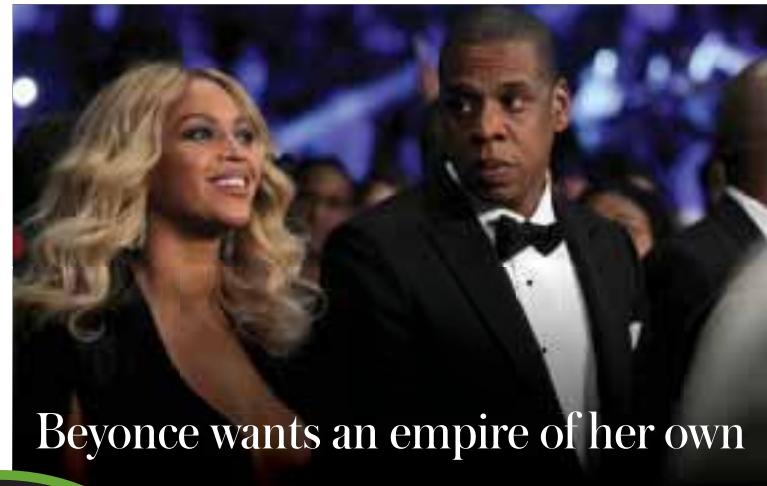
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Justin Bieber wants to be your drunken life coach

Hey, man — Justin Bieber has a beautiful plan for your life, OK? He's even dabbling in some motivational — if slightly intoxicated — speaking, if his recent L.A. concert is any indication. And just what is the main thrust of Bieber's life philosophy? Just, like, be yourself, yeah? "Let's be ourselves. I think the thing the world struggles with most is just being ourselves. I think people hate on people that just are themselves," Bieber said during a break from the evening's tunes. "Maybe I'm drunk, maybe I'm just speaking real s—t."

But I feel like a lot of the reason why so many people hate on me is 'cause I'm just myself. You can hate on me for being myself, too, but I feel like if you just are yourself and are OK with being just yourself and making spontaneous decisions of just wearing whatever you want to wear and doing whatever you want to do ... you're going to make bad decisions sometimes but you ultimately want to make good decisions, so let's try to make the best decisions we can possibly know or feel and let's have a good night." Got all that?



Beyoncé wants an empire of her own

ALL PHOTOS GETTY IMAGES

A lot of married couples argue over things, but most probably don't squabble over whose record label is more successful. But then again, most people aren't Beyoncé and Jay Z. There's reportedly new strife between Blue Ivy's parents because Beyoncé has new plans to turn her own entertainment entity, Parkwood Entertainment, into a big, big

deal. "She really wants to turn Parkwood into an empire now," a source tells Radar Online. "There is a lot of jealousy right now between Beyoncé and Jay Z because her career is at a superhigh point and, unfortunately, Jay Z has been relatively stagnant in his own career in comparison." Maybe he shouldn't have announced his retirement so many times?

Kim Kardashian is suspicious of her family keeping up with her

You know you've reached peak conspicuous consumption when even Kim Kardashian takes notice. She's apparently curious as to why all her family members are rich — and it's making her suspicious of mom-ager Kris Jenner. "Kim feels like there are millions of dollars in question because Kris finances everyone's lavish lifestyle," a source says, noting that "everyone is suddenly getting Rolls Royces and mansions," according to the National Enquirer. "Kim feels Kris' spending is out of control, so she is doing an

accounting because she's the only one bringing in that kind of money and thinks it's weird that everyone in the family is enjoying an extravagant lifestyle that seems to be beyond their individual means," the source explains. "She thinks millions are missing. Kim wants to be more hands-on to find out where the money is being allocated. She is starting to take an inventory to try to get to the bottom of this." So get ready for some hot accounting action, TV fans.



Kate Middleton is a classy gift-giver

What do you get the woman who has everything — including a throne of power? That was the conundrum Kate Middleton faced in 2011, when she was heading to the home of Queen Elizabeth II. "I was worried what to give the queen as her Christmas present. I was thinking, 'Gosh, what should I give her?'" the duchess says in a new TV documentary celebrating the queen's 90th

birthday. "I thought back to what would I give my own grandparents and I thought, 'I'll make her something,' which could have gone horribly wrong. But I decided to make my granny's recipe of chutney. I was slightly worried about it, but I noticed the next day that it was on the table." Sure, but these are British people. That doesn't necessarily mean she liked it.



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Nia Vardalos laughs at her pain



The actor-filmmaker talks "My Big Fat Greek Wedding 2" and protecting her daughter.



MATT PRIGGE
@mattprigge
matt.prigge@metro.us

As you can imagine, Nia Vardalos is always up for talking about her screw-ups.

"I live for loser stories," the actress and screenwriter tells us while promoting her new film, "My Big Fat Greek Wedding 2," the sequel to her 2002 surprise monster hit. "When the first movie came out and all the craziness that came with it, I saw an ex-boyfriend, who had treated me badly. I'm not a vindictive person. I just want everyone to go on and have a happy life. But this dude was mean to me. So I saw him in the street and he says, 'What's going on, sunshine?' I thought, 'I'm finally having a moment where I can say I have

On diversity

Vardalos is also, of course, a woman trying to create female stories in a Hollywood that's mostly about catering to young boys. The last year has found diversity finally becoming an issue that people want to talk about.

"It was a subject that was categorized as whining as opposed to being reality," she says. "It's been terrible, and #OscarsSoWhite was so important. It's not saying that men don't have a place in the workplace, that white people don't have a place in the workplace. We're just saying there are other stories."

a movie coming out.' I look back at him and a bird sh—on my head."

Pain, she says, is funny. That's one reason she didn't want to sugarcoat "My Big Fat Greek Wedding 2." The sequel catches up with the same characters (and cast). Everyone's older, including Vardalos' Toula and her husband Ian, played again by John Corbett. Vardalos, now 53, who again wrote the script, wanted to milk getting older and being a parent



Nia Vardalos' Toula returns 14 years after the first "My Big Fat Greek Wedding." UNIVERSAL

of a college-bound teen (played by Elena Kampouris) for laughs.

"I just wanted people to play their ages, including John and me," Vardalos explains. "That's why I resisted the temptation to write us as 32. I thought it would be a little respectful of the audience who grew up with the film, to see themselves reflected on screen, again."

Vardalos drew from her own experiences in becoming a mother be-

tween the first and second films. She and her husband Ian Gomez went through a rigorous, painful experience in adopting a daughter, Ilaria, which she chronicled in the book "Instant Mom." Vardalos tries to protect her daughter's privacy, especially from paparazzi, which can be difficult.

"We have a game where we make it fun: She hides her face," Vardalos says. There was one time when things turned ugly: She caught a paparazzo taking her daughter's picture. She confronted him and the man kept claiming he didn't do it.

"I said, 'If I find those pictures online I'm going to find you,'" she says, laughing at how bold she was. Two days later she checked online and there they were. "My daughter was shocked. She said, 'But he said he didn't take it.' It was a terrible way to learn that adults lie. And yet, not a bad lesson."

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Cog Railway remains top attraction in New England

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Spring is pretty much at our doorstep, and it couldn't have come sooner. While saying so long to the winter chill is famous for revving up our spring cleaning engines, the change of season also pushes us outdoors to experience nature at its very best. In the Northeast, few attractions awe and inspire quite like the Mount Washington Cog Railway.

Tucked away in the majestic mountains of New England, the track of the world's first mountain-climbing cog railway snakes and spirals up to a jaw-dropping 6,228-foot summit. (It's little wonder the Cog has been nicknamed the "Railway to the Moon.") From there, a dazzling panoramic view awaits—Maine, Vermont, Canada, the Atlantic Ocean, and the whole of New Hampshire's epic valleys and mountains are there to drink in.

Once at the peak, visitors are met with 360-degree vistas unlike any

other. They're also welcomed with a complimentary pass to the Mount Washington Observatory Museum; a thrilling, behind-the-scenes adventure. Here, they'll get a peek into what the mountain is like during the harsh winter months, thanks to an interactive installation called "Extreme Mount Washington." Here, visitors can actually sit in the driver's seat of a Snow Cat simulator and virtually drive down a snowy mountain road. The experience provides a glimpse into Mount Washington's



Cog Railway train climbing to the highest peak in the Northeastern U.S.

famously diverse weather. (It's actually the spot where the highest wind ever observed by man was recorded—an unbelievable 231 mph!)

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10 actors make 1 Hamlet

"Hamlet10" begins preview performances tonight. MARTIN HARRIS

The New York Shakespeare Exchange's reimagined production challenges our perceptions of the role.



EVA KIS
@thisiskis
eva.kis@metro.us

Between reading "Hamlet" in school, endless adaptations and its compulsively quotable lines, most people are familiar with William Shakespeare's tortured prince haunted by his own mortality.

But knowing what to expect is exactly the problem with the play,

says New York Shakespeare Exchange's Ross Williams.

"There's no reason Hamlet has to be any one thing," says Williams, the director of "Hamlet10," a new production opening tonight that splits the title role between 10 actors. "It does tie into our political moment right now of, 'Why would we ever need to say that Hamlet is a dashing, heroic, princely leading man type? Or white? Why can't he be a wispy little Asian guy, or a fat guy?'"

In fact, Williams' casting for the role intentionally went as far outside of expectations as possible. He chose five men and five women of



Ross Williams

varying ethnicities and sexualities to portray a Hamlet who will range in age from a teenage girl to a 50-year-old man. The physical attributes of each actor are meant to tell a slightly different story with each scene — as Williams points out, "There is a big difference between seeing a young woman saying, 'Get thee to a nunnery,' versus a

young man saying, 'Get thee to a nunnery.'" It's all to show how a bit of the character is recognizable in all of us.

To keep a consistent tone, the role of Hamlet became a collaborative process, with each actor offering their takes on the role and then melding those into a performance that's intended to be emotionally true to the character. Sometimes, that means one person's performance is

shops, an exhibition of rare artifacts and more.

Shakespeare's Birthday Sonnet Slam

The sixth annual Sonnet Slam returns on April 22 to Central Park's Naumburg Bandshell, where all 154 of the Bard's sonnets will be performed by players of all ages ranging from amateurs to professionals — you may catch Broadway and film stars popping by for a fun afternoon.

Free Shakespeare in the Park

"The Taming of the Shrew" gets its own twist this summer, with an all-female cast tackling the comedy about the outrageous things men will do for love, and the desperation of women to break free of their societal obligations as the first production of the Public Theater's annual Free Shakespeare in the Park, beginning May 24. Then on July 19, "Troilus and Cressida" takes on fighting and loving in the time of the Trojan War.

enough to carry a scene; in others, all 10 will be speaking in unison or trading off lines.

When not playing Hamlet, the actors take on the other roles, providing unique twists: "The Hamlet that leaps into the grave of Ophelia is portrayed by the woman who plays Ophelia, so we can have a little bit of dramatic irony and tension of Ophelia jumping into her own grave."

Though Williams didn't set out to make any particular political statement with his casting, he does hope it breathes fresh air into his favorite playwright. Besides staging the Bard's plays, the New York Shakespeare Exchange runs pub crawl-style performances and is producing a short film series of his sonnets. For "Hamlet10," Williams kept the set minimal and is staging it in the round, bringing the audience into the production.

"A lot of people have grown to have preconceived notions of what Shakespeare can offer them, and we have to shake that up," he says. "We have to get out in front of that and say, 'Look at it this way. Bring yourself up to a different experience of it and we will show you something powerful.'"

It's Shakespeare season

'Pericles'

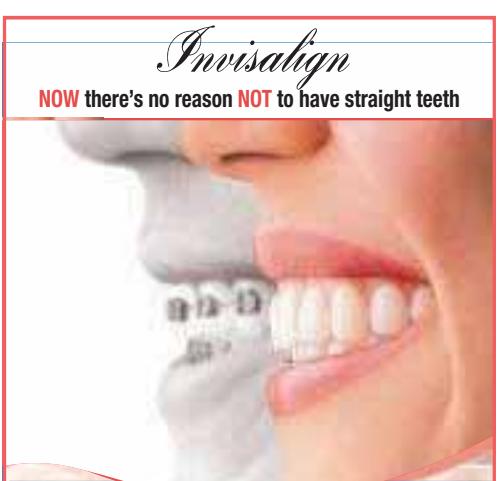
An epic journey, a miracle or two and an original score performed by storyteller-musicians PigPen Theatre Co., all directed by Royal Shakespeare Company veteran Trevor Nunn — "Pericles" has never been better, and it's just been extended through April 10 at the Polonsky Shakespeare Center.

King and Country: Shakespeare's Great Cycle of Kings

This year is the 400th anniversary of Shakespeare's death, and BAM Cinemateque is hosting the OGs of the Royal Shakespeare Company for a six-week residency starting March 24 with stagings of "Richard II" starring David Tennant, "Henry IV Parts I & II" and "Henry V" that combine to tell the story of three generations of royal family drama, accompanied by talks with the directors and stage managers who crafted these acclaimed productions, acting work-

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New LIC rental Luna to begin leasing

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THE REAL DEAL
BY THE EDITORS OF METRO.US

The World Wide Group unveiled new renderings and pricing details for the Long Island City office-to-rental conversion project it closed on last week for \$70 million.

The Midtown East-based development firm led by James Stanton entered contract earlier this year to buy the building at 42-15 Crescent St. from Meadow Partners, for about \$630 per square foot. Meadow was in the process of converting the property into 124 apartments.

World Wide plans to launch leasing in May at the 11-story,



A rendering of the rooftop at Luna boasts views of Manhattan. ALL IMAGES PROVIDED BY AVINASH K. MALHOTRA ARCHITECTS

111,000-square-foot building, known as Luna, the developer said. Rents will range from \$2,000 a month for a studio to \$5,500 for a two-bedroom penthouse.

The apartments are a mix of studios and one- and two-bed-

rooms. Citi Habitats' David Maundrell is handling leasing.

The two penthouses will average 1,350 square feet and each have 800 square feet of private outdoor space.

The property has a

vacant 7,500-square-foot retail space and is being designed by Avinash K. Malhotra Architects.

Meadow, a Midtown East-based investment firm, acquired the building in 2012 for \$19 million. In 2013, the firm



Luna is located at 42-15 Crescent Street in Long Island City.

filed conversion plans and received a \$30 million senior loan.

World Wide will wrap up construction and oversee the leasing of apartments.

In August, the developer opened QLIC, its

421-unit rental at 41-42 24th Street in the neighborhood. That building is now 75 percent leased.

Across the street from Luna, Meadow is developing a 13-story, 48-unit rental at 42-14 Crescent St. MARK MAURER

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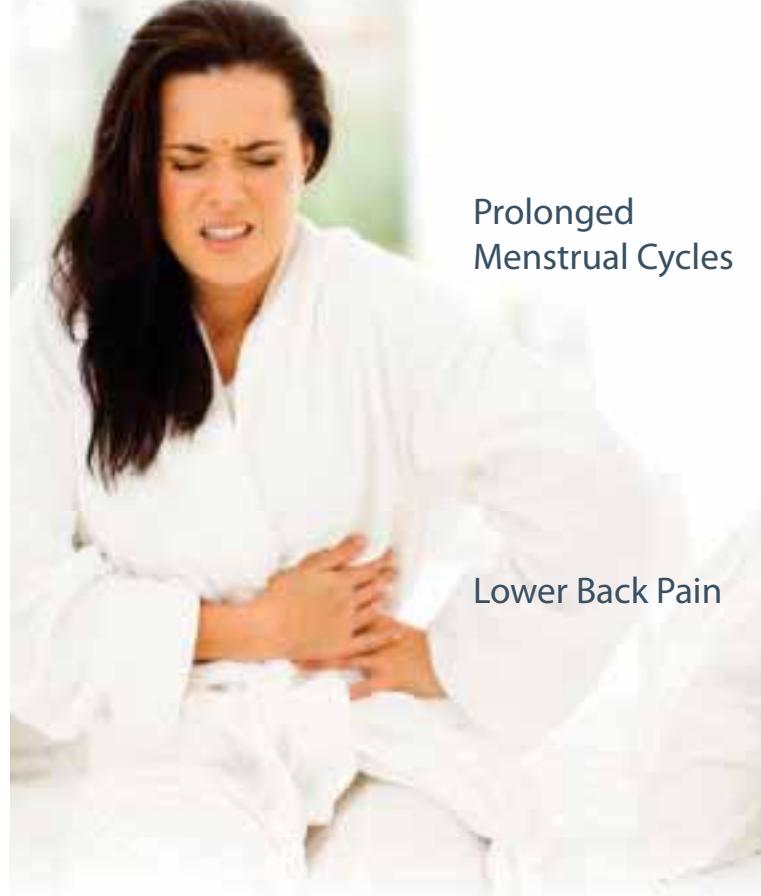
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Election season brings out the nostalgic nesters in us, says Wayfair trendcaster Alex Bowman. WAYFAIR.COM

Home makeover, election year edition

We've got modern tips for a timely Americana update.

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Between the attack ads, the nonstop news coverage and the late-night talk show circuit, it can certainly feel like election year is invading your living room. But can it go so far as to inspire your decor? According to one home design expert, yes. "During periods of political uncertainty, there is a natural inclination to reminisce about blissful memories — like family vacations or barbecues — and decor can easily trigger those memories," says Alex Bowman, lead trend forecaster of online home furnishing outlet Wayfair.

Maybe you're looking to create a nostalgic escape. Maybe you'd rather

do anything, up to and including wallpapering, than watch another political debate. Either way, we asked Bowman for some tips on introducing a little Americana into our abodes.

First things first: Rethink 'Americana'

At some point, "Americana" became a dirty word. But contrary to popular — ahem, your suburban mom's — belief, the aesthetic has nothing to do with Longaberger baskets and teddy bear stencils. "Modern Americana actually still draws from the past, but less 1970s and more 1870s," says Bowman. "There's a utilitarian aspect to a hip Americana look. Think about your favorite pair of jeans; they're 100 percent comfortable and still stylish. We're pulling inspiration from America's pioneering past for pat-

tern and color inspiration. Think: indigo stripes, hand-drawn botanicals and quilting-inspired geometrics. Reclaimed and distressed wood furniture adds an air of authenticity to the mix."

Go nautical

A flag on the front lawn is great. But if you want to nod to Old Glory's color scheme inside your home a bit less literally, take a cue from nautical decor. "Nautical is instantly patriotic," says Bowman. "Red, white and blue is the go-to color palette for a seaside inspired look. That sun-soaked and salt-washed look is something that we're drawn to from memories of family beach vacations."

Pattern, pattern and more pattern

Pattern will be especially big in the fall, when a preppy nostalgia takes hold as school returns to session and the election approaches. For a contemporary take, mix and match prints liberally. "If you already have a foundation of patterned decor, the easiest way to update is to add more pattern," says Bowman. "A good rule of thumb is to mix in different scales and subjects. If your sofa is covered in striped pillows, bring in a large-scale floral pillow and a washed-out oriental rug — the contrast of rigid stripes and organic floral adds huge impact to a living space."

Transition tips

Keeping up with decor trends requires considerable money or a little craftiness. Personally, we prefer the latter. Here are Bowman's top tips for keeping things fresh while keeping under budget.

"I keep a couple shelves in my closet dedicated to all the fun decorative objects I've collected over the years. So each season I can 'go shopping' in my own house to freshen up my decor." "Swapping out blankets and throws is an

easy update. Retire wool and heavy blankets and replace them with 100-percent cotton and linen blends for a light and airy feel through warmer months." "Collect vases, jars and containers without hesitation — they work for candle holders, flowers, branches, terrariums and just grouped together in a collection." "Trays are great because they corral clutter. Stack your magazines in a tray, add a candle and — boom — instant update."

BEST. NCAA TOURNAMENT. EVER.

No hyperbole here. This is already the greatest NCAA tournament we've ever seen.

The first Thursday and Friday of the tournament always offer the best stretch of excitement, but this year was really something else. A whopping 10 double-digit seeds pulled off upsets to advance to the Round of 32. One of those upsets is being hailed as the greatest tourney upset of all time — that being Middle Tennessee upending No. 2 seed Michigan State. The case for it is that Michigan State was basically a No. 1 seed, given that it had the second best odds to win the national championship and that it lost to a school that did not have a single top-90 RPI win all season (according to CBS Sports).

For reference: In the most prominent gambling pool I am a member of, an unbelievable 17-of-19 people picked Michigan State to reach the Final Four and nine of the 19 picked the Spartans to win the whole damn thing. Really, top overall seeds don't get that much respect most years. So we really did just witness a No. 1 seed lose in the first round, even though the NCAA history website won't say so.

And then there were the buzzer-beaters. The glorious, glorious buzzer-beaters. Paul Jesperson's Stephen Curry-worthy halfcourt score to beat Texas was stunning. No way, on no planet, is that shot supposed to go in. But by the time the ball

MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter @burke_metro



And yeah. That's true. But, so what?!

The NCAA tournament is not as popular as it is because of its particular talent level year-to-year. It is popular because it is the most unpredictable sporting event, year-to-year. It is popular because David beats Goliath. Like, a lot, year-to-year.

The popularity of the event is justified in this case, too. Sure, the NFL is great, but damn there were a lot of boring games this past season (Example A: Super Bowl 50).

Admittedly, the Sweet 16 and Elite Eight will not be as exciting for the general fan. Mainly because all of the teams left are highly regarded college basketball programs and the David vs. Goliath element is mostly lost.

But because of the unprecedented parity in this particular Big Dance, we are guaranteed three or four Northern Iowa-level finishes the rest of the way.

Many of us (myself at the top of the list), get fat too caught up in sports storylines and scandal these days. Peyton Manning and the Tennessee scandal, Deflategate, Adam LaRoche vs. the White Sox, Hulk Hogan v. Gawker. Those are the type of stories that get the most attention.

But sometimes, once in a great while, the games themselves grab top billing. Looking forward to what the final two weekends of the greatest tournament we've ever seen has to offer.

left the hands of Wisconsin's Bronson Koenig late Sunday night, you knew exactly where it was going.

Swish.

By Sunday night, everyone expected more miracles.

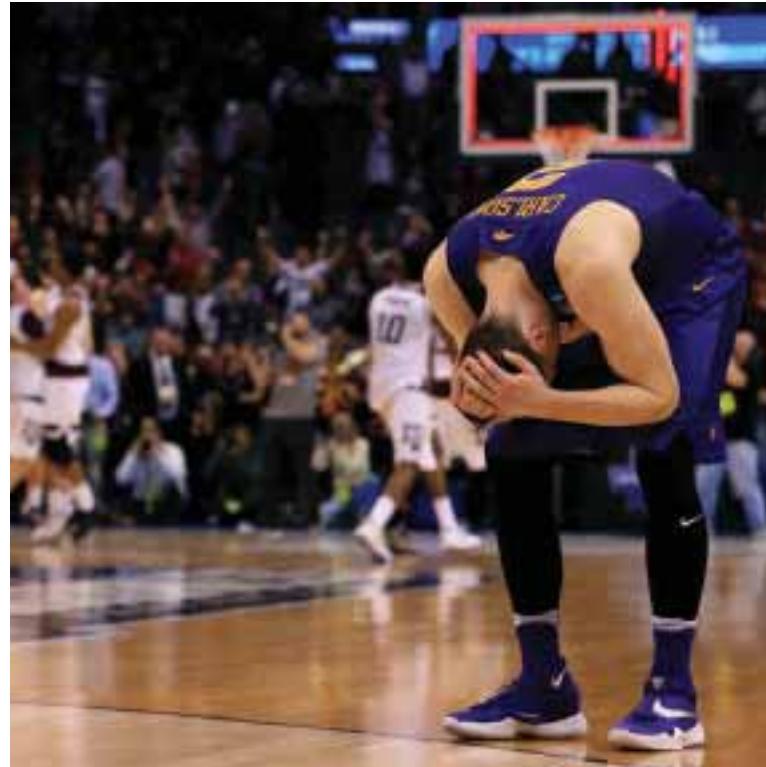
Without even discussing Texas A&M's historic rally against Jesperson and Northern Iowa, it is for sure that this is the best NCAA tourney of all-time.

Now, basketball snobs will surely scoff at that idea. They'll say that the overall talent level in the college game is at an all-time low. They'll also say that there are zero powerhouse teams in this year's field.

Playoff ready



Dominic Moore and the Rangers will be back in action Wednesday (8 p.m., NBCSN) at MSG to face the Bruins. The Blueshirts are coming off an impressive 4-2 victory Monday over the Panthers. New York (41-24-8) has the second best record in the Eastern Conference with nine games remaining. GETTY IMAGES



Northern Iowa had one of the all-time great wins Friday and one of the all-time heartbreakers 48 hours later. GETTY IMAGES

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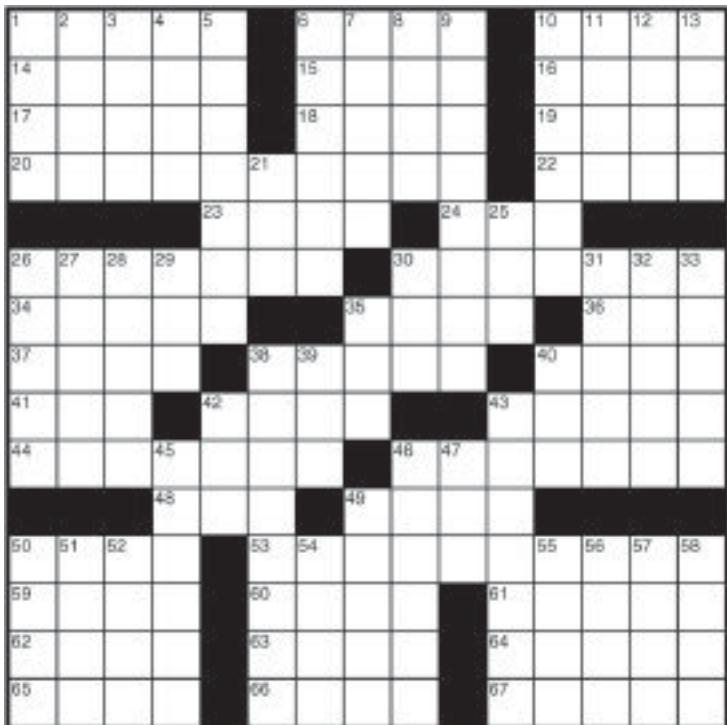
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4	9		8	7			
7			6	4			
1	2						4

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Aries Avoid emotional meltdowns. Back away from bullies or insensitive people. Focus on facts and what it will take to get what you want or get you where you want to be.



Taurus Make your move and don't stop until you reach your destination. Let a past mistake help you make the right choice now. Romance will lead to certainty.



Gemini A strategic plan of attack will ensure your victory. Don't share personal information, or interference will result. Negotiate shrewdly and invest conservatively.



Cancer Do whatever it takes to bring about reforms that will improve your life and community. Target your goal and be persistent. Showing dedication will impress someone.



Leo Focus on your work and complete whatever job you are given. Complaints will be made if you don't honor a promise. Your ability to think fast and lead well will not go unnoticed.



Virgo You will gain knowledge if you share information and participate in educational functions. Networking, socializing or concentrating on a love interest will enhance your life.



Libra Consider making an investment or channelling money into your living space. Don't give in to emotional bickering. Avoid unpredictable people making empty promises.



Scorpio If you offer something unique, you will get something priceless in return. Create a situation that will bring about change and lead to more fun and personal happiness.



Sagittarius By making wise choices, you can gain the freedom to enjoy life and be surrounded by people who share your interests. Helping a worthy cause will lead to greater opportunities.



Capricorn A lifestyle that fits your personal goals will help you flourish. A different approach to your work will result in stability and reduced stress. Love is in the stars.



Aquarius Re-examine your goals and prioritize them to fit current possibilities. Trying to do everything at once will result in little getting done. A direct approach will lead to success.



Pisces Don't let emotional manipulation drag you down. A conservative, honest approach will help you avoid interference and assist you in building a solid plan for the future. **EUGENIA LAST**



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1 2 3 B C M 9

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4 5 6 M 8

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